



Jyoti Nivas College Autonomous

Post Graduate Centre

Department of Chemistry

Session on Mental Health



Speaker: Ms. Roseline F. Gomes

Assistant Professor
Department of Psychology
Jyoti Nivas College Autonomous



Topic: Coping With Anxiety by Blending Mental Health and Positive Education

Day & Date: Friday 6th November 2020

Time: 2.00-3.30 pm

Link: [https://teams.microsoft.com/l/meetup-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWQ1MjI0MzMtNTQ1YS00YjA3LWE1MzItMWUzYjJiOGY1ODAz%40thread.v2/0?context=%7b%22Tid%22%3a%223b7a1869-b1dc-455d-8e6e-79f96e144129%22%2c%22Oid%22%3a%227f858126-c3c2-449d-9d2e-1500f1b68264%22%7d)

[join/19%3ameeting_NWQ1MjI0MzMtNTQ1YS00YjA3LWE1MzItMWUzYjJiOGY1ODAz%40thread.v2/0?context=%7b%22Tid%22%3a%223b7a1869-b1dc-455d-8e6e-79f96e144129%22%2c%22Oid%22%3a%227f858126-c3c2-449d-9d2e-1500f1b68264%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWQ1MjI0MzMtNTQ1YS00YjA3LWE1MzItMWUzYjJiOGY1ODAz%40thread.v2/0?context=%7b%22Tid%22%3a%223b7a1869-b1dc-455d-8e6e-79f96e144129%22%2c%22Oid%22%3a%227f858126-c3c2-449d-9d2e-1500f1b68264%22%7d)